



## Pre-Exposure Prophylaxis (PrEP) Myths and Urban Legends

- PrEP will protect me from HIV and other STDs.
- PrEP will lower my gender-affirming hormone levels and interfere with my gender expression.
- Studies in Africa have shown that PrEP doesn't work for heterosexual cis-gender women.
- Studies have shown that PrEP does not work for transgender women.
- PrEP causes serious liver and kidney disease.
- As long as I take at least half of my PrEP tablets, I will be protected from HIV.
- My doctor told me that I can take my first tablet of PrEP this morning and be protected from HIV this evening.
- Since U=U is true for PLWH taking ART, and PrEP is 97% effective in preventing HIV acquisition, there's no reason to use condoms anymore.
- The increasing use of PrEP is directly responsible for the increasing numbers of STIs in the US.
- Taking PrEP will not only protect me from HIV, but it will also prevent pregnancy.
- If I start taking PrEP, I can never stop taking it, because if I acquire HIV it will be resistant to all antiretroviral medications.
- Taking PrEP makes men and women more sexually promiscuous.
- For cis-gender women like me, the best way to prevent HIV acquisition is to use PrEP gel inserted into my vagina before and after I have sex with a man.
- If the PrEP tablets cause me to have side effects like nausea, I can always insert the tablet into my rectum (or vagina) before I have sex to protect me from acquiring HIV infection.
- The cost of PrEP is very high and I do not have medical insurance, so there is no way for me to access PrEP.
- The FDA recently approved a new type of PrEP which not only prevents HIV acquisition more than the old PrEP, but it will not harm my kidneys or bones.
- The new PrEP medication approved by the FDA does not work in cis-gender women, which is why the FDA rejected it for cis-gender women who have vaginal sex.
- HIV resistance to PrEP is increasing rapidly because many persons taking PrEP are not adherent with their medications.
- There is a new way to take PrEP developed in France which is now FDA-approved in the US. It is called "as-needed" PrEP and is taken a couple of hours before sex and immediately after sex.
- If I only have sex once or twice a month, my risk of acquiring HIV is too low to need PrEP.

### Key

PrEP: Pre-exposure prophylaxis

U=U: Undetectable=Untransmittable  
PLWH: People living with HIV

ART: Antiretroviral therapy  
STI: Sexually transmitted infection